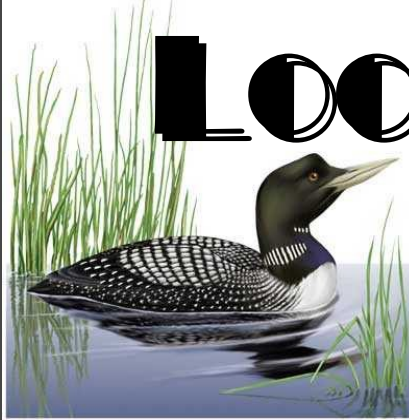


# Loon Lines



VOLUME 10, ISSUE 2

For more information about MNAHPERD, please visit our website at [www.mnahperd.org](http://www.mnahperd.org) or the national site at [www.aahperd.org](http://www.aahperd.org)



MNAHPERD

May 2012



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MNAHPERD  
State  
Conference  
Oct. 12-13

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## Greetings from the President

*Mary Cappel*



I wanted to begin this article by telling you about all the wonderful programs and sessions from the National AAHPERD Conference in Boston. Incredible things were planned, and I anticipated an awesome convention! Unfortunately, (and in case you hadn't heard...) the conference was cancelled after a transformer next to our hotel blew, caused a fire, evacuations, and an 8-block black-out in the Back Bay area of Boston for several days! It was disappointing to miss the sessions, but most attendees made the best of the situation by site-seeing, networking, and even holding board meetings! (That would include us!) I think missing the conference just made folks more anxious to attend next year in Charlotte, NC!

Because of the cancellation, voting for the next AAHPERD President-elect did not occur at the convention as planned. As an alternative, delegates were provided with a link to view the candidate's position statements and planned speeches online, followed by a mail-in vote. I am please to announce that our own Central District Executive Director, Gale Wiedow, was voted in as AAHPERD's next President-elect! Congratulations to Gale for stepping up to this leadership position, and carrying on a strong tradition of Central District presence in AAHPERD!

MNAHPERD continues our goal of providing quality programs, products and services to Minnesota students and professionals. We have partnered with the Minnesota Department of Health and Minnesota Department of Education to produce two webinars, which will be available on all three websites when completed. The first webinar outlines the importance of physical activity to brain function and learning, and the second focuses on expanding physical activity throughout a student's day to help increase activity level as well as provide beneficial brain breaks. Members of our MNAHPERD Board of Directors continue to advocate for quality PE throughout the state, and even participated at the NASPE Speak-Out Day in Washington, DC. Work continues to expand partnerships with various organizations to bring our message to a wider audience, and we strive to keep our membership connected and informed through our list serve, website and social media.

Has your school taken advantage of National Physical Fitness and Sport Month to promote activity throughout the day? Students at my school received May Activity Calendars from the NASPE Teacher Toolbox on the AAHPERD website, and our school joined the world during Project ACES (All Children Exercising Simultaneously) at 10:00 local time on May 2<sup>nd</sup> by taking to the track for an all-school walk/run! Lots of great resources on the AAHPERD website, so there is still time to plan something fun and active!

Save the date for the MNAHPERD Conference on October 12-13, 2012 at Hopkins High School. We are excited to utilize this fantastic facility, and planning for many great sessions is in the works—watch for more information to come. Hope to see you there!

Enjoy the end of your school year, and have a great summer! Please contact your MNAHPERD Board of Directors members with questions, concerns or suggestions. We are here to serve you!

# MARK YOUR CALENDARS

**Minnesota AHPERD State Conference on  
October 12 & 13, 2012  
Hopkins High School, Minneapolis, Minnesota**



## **Robyn Smith Bretzing**

**Robyn was such a huge success last year; you asked to bring her back, so... WE DID!!!**

**Robyn Bretzing is a Utah Youth Soccer Coach of the Year, 2004; Teacher of the Year, 2006; Adidas Region Coach of the Year, 2006; Utah Soccer Hall of Fame Inductee, 2007; Alpine School District Distinguished Teacher Award Winner, 2007; and was Southwest District Teacher of the Year and an Alpine School District Golden Apple Award winner, both in 2008. She has presented in over nine states plus Southwest AHPERD, Central District AHPERD and the National AAHPERD Convention.**

**Robyn's curriculum offers every student the opportunity to succeed and gain greater self confidence as they learn lifetime activities and improve personal fitness. She believes that what she teaches will have a greater impact on the lives of her students than any other academic course. As the saying goes, "What good is knowledge without health?" The focus of her teaching is to find a lifetime fitness activity for every student and instill in them the desire to be fit for life!**

**You will not want to miss this dynamic keynote speaker and special presenter. We promise you will leave with a new energy and excitement for the profession we LOVE!!!**

MINNESOTA ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

**PROGRAM PROPOSAL**

**2012 Fall Conference – October 12 & 13, 2012  
Conference held at Hopkins High School – Hopkins, MN  
Awards Celebration - Double Tree Hotel Minneapolis-Park Place  
1500 Park Place Boulevard, Minneapolis, MN 55416  
www.mnahperd.org**

“Building Bridges”

Name(s) \_\_\_\_\_

Work Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

City \_\_\_\_\_ State & Zip \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Brief Biography: (Information to Introduce Speaker(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Title of Presentation: \_\_\_\_\_

Description of Presentation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Type of Presentation: \_\_\_\_\_ Lecture \_\_\_\_\_ Demonstration \_\_\_\_\_ Active Participation

Preferred Audience: Mark those that apply:

Physical Education: Elementary Middle High School

DAPE: Health: Dance: Higher Education Other \_\_\_\_\_

Audio Visual Requests: (PLEASE NOTE - LCD Projectors and Computers WILL NOT be supplied)

\_\_\_\_\_

\_\_\_\_\_

An honorarium will be given to presenters; \$50.00 per session or \$75.00 for two sessions if the same session is repeated. Sessions are 50 minutes in length. If there is more than one presenter per session, the honorarium will be split among the group. (All presenters must be current members of MNAHPERD or other AAHPERDs.) **No honorarium will be awarded if signed program contract is not returned within 35 days before the conference, or September 7, 2012**

Please Mail or E-Mail to: Kay Oling  
2901 No. Blackman  
Duluth, MN 55811  
218-722-8215 or 218-390-4966 (cell)  
Fax: 218-846-2416

**PROGRAM PROPOSALS  
MUST BE RECEIVED BY  
June 15, 2012**

# What a Treat!

*Joe McCarthy*

First I would like to THANK MNAHPERD for allowing me to attend the NASPE Speak Out Day on March 29<sup>th</sup>, 2012. I had the great opportunity to meet with staffers from Senator Klobuchar, Franken and Congressman Kline. We presented them information on how Physical Education is the centerpiece for learning, fitness, and student achievement. We also educated them on the Senate's Elementary and Secondary Education Act Reauthorization (ESEA) as well as the Fitness Integrated with Teaching (FIT) Kids Act. The FIT Kids Act requires schools, districts, and states to provide information on the status of their physical education programs to be shared with parents and the community. It also supports professional development for physical education teachers and funds a study to examine the link between physical activity and academic achievement.

## **We asked for three items in our meetings:**

1. We want Physical Education to be considered a core subject.
2. We want our leadership position reinstated at MDE.
3. Continue funding of the Carol M. White Physical Education Program (PEP) Bill, which provides grants to school districts and community-based organizations to support innovative physical education and activity methods. PEP is the only federal funding dedicated to physical education. To date, nearly \$800 million in PEP grants have been distributed across the country by the U.S. Department of Education.

[jmccarthy@farmington.k12.mn.us](mailto:jmccarthy@farmington.k12.mn.us)

## **2012 Jump Rope for Heart/Hoops for Heart Grant Winners**

*Becky Clark*

**Congratulations to the following teachers who receive a \$500 grant from MNAHPERD this year:**

Annette Brewer	Albany Elementary School	Snowshoes
Donna Cook	Heron Lake-Okabena School District	C'Motion
Kirsten Eckberg	Oakdale Elementary School	D/APE Basketball equipment
Alicia Frankowiak	North Shore Community School	Safety mats for climbing wall
Brian Harker	Esko Public Schools	Inline skating supplies/equipment
Debra Johansen	Clear Lake Elementary School	Elementary Fitness Fun
Chris Kammerer	Lyndale Elementary School, Minneapolis	funds toward climbing wall
Danny Peddycoart	Piedmont Elementary, Duluth	LaCrosse equipment
Liz Parr-Smestad	American Indian/World Cultures, St. Paul	I-pod, CD player, megaphone

Grants are given every year for teachers who are MNAHPERD members AND who host Jump or Hoop Events at their school. Talk with your AHA rep, and make arrangements for a Jump or Hoop Event for the 2012-2013 school year.

The deadline for the grants is ALWAYS the same, Feb. 14<sup>th</sup> of each year. Check out the MNAHPERD website for more details.



# Here are FIVE reasons why it is imperative that you become a member of our

*Joe McCarthy*

*[jmccarthy@farmington.k12.mn.us](mailto:jmccarthy@farmington.k12.mn.us)*

1. MNAHPERD is a leading advocate for Health, Physical Education and DAPE teaching jobs!

MNAHPERD will advocate for status within our profession. In 2010, MNAHPERD worked with the American Heart Association and hired lobbyists to pass the MN Physical Education standards. MNAHPERD knows our jobs and requirements to meet our Health and Physical Education needs were not met with this major accomplishment so MNAHPERD will not stop there! In 2011, MNAHPERD will continue the relationship with the American Heart Association and in addition to that relationship MNAHPERD will hire our own lobbyists to advocate for more! We need Physical Education graduation requirements in our schools. We need language requirements and support for Physical Education license teacher specialists to teach Physical Education in our schools. We need each child to have daily Physical Education in their school day. We need MN Health Education standards. We need Health Education graduation requirements. We need language requirements and support for Health Education license teacher specialists to teach Health Education in schools. We need each child to have more Health Education support in their school day.

Remember it is not just the responsibility of the MNAHPERD members to do the advocacy for ALL Physical Education/DAPE and Health Education teachers in Minnesota. We need everyone to support our Profession. Become a member if you are not one now! MNAHPERD has and will continue to support your job; to do this we need your membership!

2. When you attend MNAHPERD workshops, you will be given the opportunity to receive CEU's towards your re-licensure. Our goal is for all 13 regions to have 1 workshop every year.

3. You will have the opportunity to observe and participate in workshops and sessions conducted by the state's best presenters.

4. Scholarship and grant opportunities are available through MNAHPERD to MNAHPERD members.

5. Being a MNAHPERD member gives you the opportunity to be honored in our state for your great service and commitment to our profession.

Do you want to do more? MNAHPERD will assist you in promoting your own workshop in your region!

### FIVE Keys to a successful workshop:

1. Design a theme
2. Find a location
3. Find presenters
4. Provide CEU's
5. Make it fun!

**As a MNAHPERD member, you can be a part of this!**

# The Times, They are a Changin’

*Jack Olwell*

We live in an era that is ruled by the test score. Ever since NCLB changed the landscape of education non core subjects such as Physical Education have fallen prey to the educational and fiscal axe. Many thriving programs have begun to atrophy. Anything that does not appear to directly contribute directly to improved standardized test scores is vulnerable. Perhaps the best example of how test scores drive educational decisions comes from an elementary school in Illinois. After securing a grant and receiving board approval Conrad Fischer PE teachers designed an experiment to demonstrate the difference increased quality Physical Education makes. Two of the five sections of 3<sup>rd</sup> grade were given daily PE while the remaining classes continued with their twice weekly sessions. After a semester the experimental classes showed better than double the cardiovascular improvement of the control classes. The pilot classes showed 30% higher gains in math and 110% in reading over the control classes. However, this was not enough to keep the program in place when the grant expired. The improvements were made on *classroom* tests and assessments rather than standardized tests and consequently were deemed unimportant.

There is word out of Chicago that city schoolchildren will now be receiving daily Physical Education starting in the 2012-2013 school year. District officials recognize Physical Education’s vital role in curbing the rising tide of overweight and obesity. This may well start a movement that can spread nationwide.

MNAHPERD is teaming with the Minnesota Department of Education (MDE) and the Minnesota Department of Health (MDH) to produce two webinars that will air before the end of the current academic year. The first will show the connection between activity and learning. Activity opens a window to learning that closes in the hours following exercise. Fitness, (the kind of fitness that results from regular quality Physical Education) on the other hand, opens a window that does not close.

The second expands on the Let’s Move in School Comprehensive School Physical Activity Program (CSPAP). It shows ways districts can imbed physical activity into the school day that can transform the culture of their schools.



# App-ortunities

*By Dr. Jane A.K. Carlson & Alisha Frankowiak*

Just bought an iPad, iPod touch or a smartphone---now how do you integrate it into physical education lessons? This article call will give physical educators quick websites to visit, and apps to try on your iPad, iPod touch or smartphone.

## **Sparks Webinar:**

### ***Physical Education (PE) Apps for Teachers:***

Learn about physical education/health "App all-stars" in article and webinar format.

<http://www.sparkpe.org/blog/physical-education-pe-apps-for-teachers/>

[Click Here](#) to view the recording “**Don't be a Sap, Know Your Apps!**” (April 2012)

Length: 45 minutes      Cost: Free

## **PE Central:**

### ***iPad: The New Clipboard for the Physical Education Teacher***

A video on how the iPad can help in teaching physical education.

[http://www.pecentral.org/mediacenter/video\\_ipadspe.html](http://www.pecentral.org/mediacenter/video_ipadspe.html)

Length: 13 minutes      Cost: Free

## **Recommended Apps:**

### ***MusicWorkout:***

A unique interval timer that utilizes your music to inform the class when it is time to practice (music on) and when it's time to stop and switch stations (music stops or a bell rings) and continues for a set amount of intervals--a perfect app for station work in a lesson. Simply set the work timer and rest duration, along with the number of sets to begin your workout and your music will turn on and off---no more remote.

<http://itunes.apple.com/us/app/musicworkout-unique-interval/id498866442?mt=8>

Cost: \$0.99

### ***Team Shake:***

Team Shake is the technological and environmentally friendly way to choose teams for a class. Instead of a hat and scraps of paper, enters the class roster into the iPad or iPhone and gives it a shake. The screen will then display a random set of teams---it great because you can make various team sizes (teams of 3 or 6 or 7) for the same class. These teams can immediately be used for game play.

<http://itunes.apple.com/us/app/team-shake/id390812953?mt=8>

Cost: \$0.99

### ***Coin Toss:***

Simulates a coin toss by sliding your finger from the bottom to the top, and watching the coin spin and decide your fate. Complete with sound effects and 3D graphics!

<http://itunes.apple.com/us/app/cointoss/id287965865?mt=8>

Cost: Free

### ***iMuscle:***

Easily search and identify body parts, muscles & exercises. Use it to identify a body part or individual muscle by zooming into a 3D human body with the musculature exposed. Then access all the exercises associated with the development / rehabilitation of that muscle.

With the iMuscle you can also create and customize workouts and view your progress.

<http://itunes.apple.com/us/app/imuscle-nova-series-ipad-edition/id430559374?mt=8>

Cost: \$4.99

***Easy Assessment:***

A simple way to capture and assess performance in any context or situation. Experience a new level of efficiency.

<http://itunes.apple.com/us/app/easy-assessment/id489279817?mt=8>

Cost: \$1.99

***Kids Yoga:***

In the first interactive yoga iPad application just for kids, we step onto our magic mat and fly through the ancient lands of Egypt. We are as strong as a mountain, as silly as a Laughing Dove and as playful as a dolphin. Dive deep into the Red Sea to discover indigenous curiosities, like a long-lost sphinx! This beautifully hand-drawn Kids' Yoga Journey incorporates 13 yoga poses for children demonstrated by children. Get ready to open your heart, expand your mind and reveal that YOU are the real treasure to love. Be sure to buy the interactive book (top right corner)—Cost: \$1.99. We suggest the “I am Love – Kids Yoga Journey” great with K-2<sup>nd</sup> grades.

<http://itunes.apple.com/us/app/i-am-love-kids-yoga-journey/id409949659?mt=8&ign-mpt=uo%3D4>

***MyFitnessPal:***

Calorie Counter & Diet Tracker by MyFitnessPal

A fast and easy way to count and keep track of calories--with the largest food database of any calorie counter (over 1.1 million foods), includes fast food and exercise entry.

<http://itunes.apple.com/us/app/calorie-counter-diet-tracker/id341232718?mt=8>

Cost: Free

***Virtual Heart:***

Lets you explore multiple real-time views of the human heart, using the same highly realistic visual elements as the iconic Giant Heart at the Museum of Science and Industry, Chicago

<http://itunes.apple.com/us/app/virtual-heart/id501539525?mt=8>

Cost: Free

**Hardware to Buy:**

***1. iPad , iPod touch, or smartphone***

***2. Apple VGA Adapter***

A must to connect your iPad to a LCD projector---just like you connect with your laptop computer to the projector. The Apple VGA Adapter mirrors exactly what you view your iPad, iPod touch or iPhone so that everyone in the gym can enjoy seeing it on the screen or whiteboard. Make sure to get the correct adapter to fit your device.

Cost: \$29.00





### 3. *Audio Cable*

This cable connects your iPad, iPod touch or smartphone to your boombox, portable speakers in order to hear you iTunes music or listen to a You Tube or other videos in the gym from your device. The audio cord is a single 3.5mm mini-jack male connector on each end.

Cost: \$19.95

### 4. *LCD Projector:*

A type of projector used to displaying video, images from the iPad or iPod touch or smartphone on a screen or other flat surface (whiteboard). It is a modern equivalent of the slide projector or overhead projector. A basic LCD projector is a must to fully utilize your iPad in the gymnasium. Thus, using these two items (projector and iPad) becomes a cheap smartboard for a teacher.

Cost: varies (low end projector \$300)

### 5. *Whiteboard:*

Use a **whiteboard** (also known by **dry-erase** board or **greaseboard**) in the gym to project your iPad image on a flat surface using your LCD projector. The teacher could add to the images by writing on top of it on the whiteboard.

Cost: varies

Hope the above items help for you to have many happy App-ortunities in the gym! Let us know what new apps you find, what works well, and let's keep a growing app conversation. Send your app-news to [jcarls25@d.umn.edu](mailto:jcarls25@d.umn.edu).

## DAPE in YOUR BACKYARD

*Barb Eilers*

The Annual DAPE in YOUR BACKYARD was in Redwood Falls this year. We had about 30 participants from all over the state attending the workshop. It was a wonderful day full of great presentations and ready –to- use fun activities to take back to the classroom. Here are a few of the highlights of the day:

Please visit the NEW and IMPROVED [mndape.org](http://mndape.org) website for all handouts from the sessions and more pictures from the Workshop.



Continued on next page

**Sessions**

- Criteria and Evaluation for Adapted Physical Education: Rich Burke, Mounds View Schools
- Elementary Activities that will “Keep Them Moving”: Heidi Fisher, Moorhead Public Schools
- They Qualify, Now What! : Rich Burke
- Theme-Based DAPE Activities: Kay Oling, Duluth Public Schools
- Region 6 & 8 Meeting: Andy Kubat-Dawson- Boyd Public Schools & Barb Eilers-Willmar Public Schools
- MN PE Standards in DAPE: Rich Burke
- Technology in DAPE: Mike Doyle, Wayzata Public Schools and Pete Westby, Westonka Public Schools

**Workshop Hot Topic – TECHNOLOGY!****Smart phones**

- Maintain data
- Draw back—small
- Like- take notes, pictures

**IPOD Touch & IPAD: apps**

- IEP Checklist-Free Includes: IEP team members, notifications, current performance, annual goals, services, supports, district- state assessments, special factors.
- Behavior Tracker Pro- \$29.99 take only frequency and duration data, ABE data, high frequency behavior data.
- Autism Scheduler-\$49.99 daily or weekly schedules, could make a list of what you are doing in PE with check boxes.
- Bump Free- Share info with the parent by bumping 2 devices together, file exchange
- Stories To Learn-\$13.99 Social Stories for kids with Autism—need to touch the picture to go to the next slide.
- Fireworks Lite—Free touch screen App.
- I Thunder - music docking.
- Special Ref- \$.99- Basic info- basic disability info.
- Tabata Pro- \$2.99- intervals- walk log- walk for 2 min., 15 sec. rest, weight room cues (prepare, work, rest) do reps then move to the next machine.
- ASL Dictionary-\$2.99 American Sign language- enter term- video clip of how to do the sign ASLPRO.com.
- Gym Goal ABC- \$.99 show a skeleton- click on the muscle- gives exercises to help with the muscle group.
- Sound Note- \$4.99 Record conversation of IEP mtg.- consulting record , saves as a PDF
- Smart Pens- voice record.
- Proloquo 2 Go - \$190, communication device.
- Giant Scoreboard – Free
- Chronosoft – Free
- Coin Toss – Free
- Team Shake - \$.99 Awesome!-randomly selects teams when you shake the device.
- Pocket First Aide - \$1.99
- Timer Tools - \$2.99
- Grade Pad - \$2.99
- Class Cards - \$4.99
- Educreations Whiteboard - \$ ?

### Gaming

- Kinetics, Wii (Wiicess)
- ITOY Groove-IToy Play – Play station, Wishy Washy\$ 20.00 camera on Amazon or Game Stop

### Smartboard - ideas

- Schedule- erase it.
- Balloon Pop- can throw balls at the screen to pop the balloon.
- Log info during class- create an excel spreadsheet- kids can log on.
- Quizzes.
- Can put up screens of court for play.
- Deck of cards- touch random cards- spades could do a certain exercise.
- Take pictures or videos- write on a skill.

# mndape.org

Need help getting answers to questions? Do you know what region you are in? Go to the mndape.org website and get the help you need. The **updated** website is such a wonderful tool for DAPE teachers to access. TAKE ADVANTAGE of this resource!

- It explains everything you need to know about DAPE.
- It has a map to show you how the regions are broken up in MN. It tells you who your region representatives are and how to contact them.
- Gives you a list of upcoming events-including region meetings.
- RESOURCES including: MN DAPE LISTSERV, MNDAPE OPERATIONAL GUIDE, DAPE LAWS, DAPE LINKS, and DAPE DEGREES.
- Who the Leadership Committee is and all contact information.
- AWARDS: Allen Burton DAPE Award, George Hanson DAPE Award, and MNAPHERD DAPE Award.

eilersb@willmar.k12.mn.us

**Mark your calendars for MN DAPE Fall Conference SEPTEMBER 27-28<sup>TH</sup>, 2012. The conference is taking place at a NEW SITE this year at CAMP FRIENDSHIP (Annandale). It is located only a few miles from the former conference site -Camp Courage. You may register on the website and see map information.**

**If you would like to present at the Fall Conference please go to the mndape.org website and look under Events and click on Fall Conference and fill out a Proposal form and send to Heidi Fisher, Horizon Middle School 3601 12<sup>th</sup> Ave S. Moorhead, MN 56560.**

## “Ride for the Brand”

*Scott Strohmeyer*

The theme of this year’s Central District Conference is "Ride for the Brand". I look forward to this year’s conference in Jackson, Wyoming with great anticipation. I can't wait to see the snow on the Teton, participate in the outdoor activities being planned for the conference participants, renew old friendships, make new friends and grow in the profession that we have all chosen as our "Brand". I hope to see many of you there and also request that you mark your calendars for participation in CDAAPERD for February 21-23, 2013. Also, mark June 15, 2012 as a deadline to submit your unique ideas, programs, activities, etc. for presentation. We have a wonderful venue to showcase your exciting activities. "Ride for the Brand" is an idea for advocating for our profession with renewed spirit toward the passions we have all had since we signed up for this "job".



The theme "Ride for the Brand" was chosen for a variety of reasons. First, we may have a new National Association ‘brand’, and I will be signing on. As a life member, I am committed to the viability and longevity of the National Association, and I greatly value the National Association’s efforts in advocacy and programming at every level (i.e., Nationally, Regionally, State and Local). The ‘brand’ may change, but the values and goals will not.

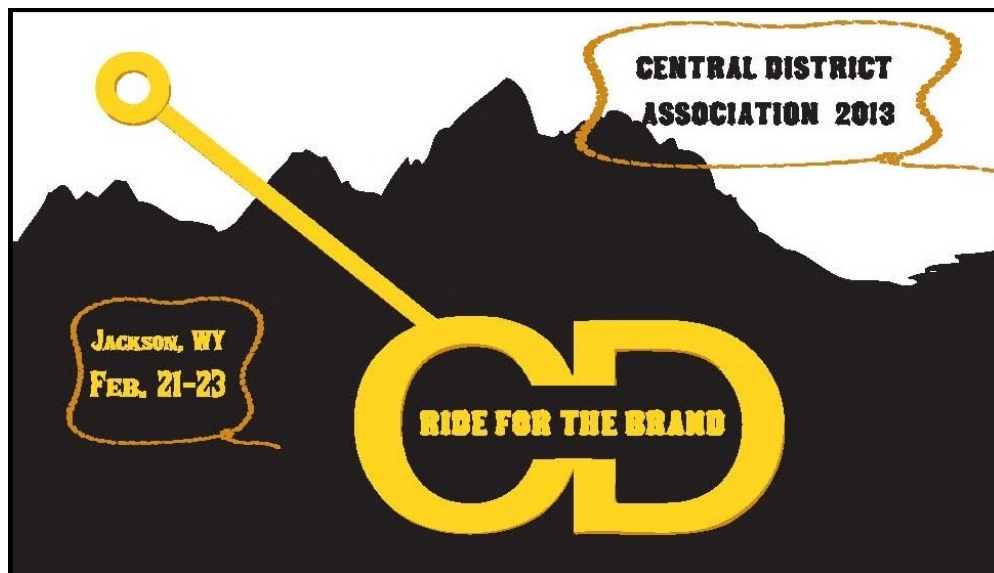
Second, the ‘brand’ of Central District is alive and well (you just have to attend one of our conferences to discover or reaffirm this). In my own professional life (dating back to 1981) I have spent just 4 years outside Central District. Why? Our core values all seem to mesh in this district. We believe in each other, support each other, cry with each other and rejoice together. Our ‘brand’ fits us. We all “Ride for the Brand” of healthy living. Whether assisting children, adults, or special populations, live healthy, active, quality-filled lives, or just helping ourselves to do the same, we live what we preach. The ‘brand’ requires that we do so, but look around at our conferences. We do it for love of the profession, not out of an assumed obligation to follow its tenets.

While I wish to get the message across that we need to “Ride for the Brand” (regardless of your interpretation), it is the passion we have for our profession and our region that has also led us (the convention planning committee) to use two books to guide our approach to next year’s conference. If you get a chance, I encourage you to read “Cowboy Ethics” and “Cowboy Values” by James P. Owen (Stocklein Publishing). The books were published to get business folks to return to core values in their practices. That is, to use the “Code of the West” to govern their lives and actions. I use the guidelines to remind me of the core values we are taught in our part of the country, and they are a useful analogy to how I conduct myself in the profession. The books are an easy read (35-45 minutes each) and are full of terrific pictures. Even if you are not a cowboy, you will enjoy the simple approach to ethical behavior outlined in the texts.

There is change in the air, too. AAHPERD is changing and as with all change, there may be some trepidation. But, I firmly believe we (AAHPERD, CDAAPERD, and the state associations) will be a stronger, more viable group with unification. One exciting change will be greater strength (i.e., marketing, advocacy, programming, etc.) with a more defined focus. We should also be getting a new "brand" and acronym. I don’t know about you, but for almost 30 years now I have had difficulty describing what AAHPERD stood for and represented. I am excited to see what sort of changes we have in store and I am ready to support what I believe a new, more specific charge for the Districts. Ever the optimist, I believe the Districts will be stronger with Unification. I also believe that the National Organization is committed to be more active within the states.

In Jackson, we are working on plans to provide outdoor opportunities for your enjoyment (both pre-conference and post-conference) at "Ride for the Brand". There will be a live auction, a silent auction, a "vest" competition, and (I have heard) "Deal or No Deal" will be returning. February 21-23, 2013 should be in your planner, it will be a great time for professional growth, and to renew/make friendships.

Summer is on the horizon, I've been able to work my dogs and prepare for the upcoming trapshooting competitions and remind myself that golf is just not something I will ever be good at (although, I enjoy it immensely). It is just a great time to be looking ahead. I hope you too can take the time to re-examine your commitment to healthy living this summer. Take time for yourself this summer; enjoy those things that make you happy. See you in Jackson!!!



## ***Ride the Brand***

**Snow King Resort, Jackson Hole, Wyoming**

**Be sure to attend the Central District Convention!!**

**Program Proposals are due June 15, 2012  
(available on the CDA website: [www.aahperd.org/districts/central](http://www.aahperd.org/districts/central))**

**SAVE THE DATE: February 21-23, 2013  
Praising God with our Whole Being**

# Past President's Letter

*Kay Oling*

The school year is coming to an end and I hope the year went well and you all have a great summer. My term as past president will be coming to a close in October at the MNAHPERD convention, on the 12<sup>th</sup> and 13<sup>th</sup> at Hopkins High School and am busy planning for the convention. The theme for the convention is "Building Bridges" which include bridges between school, home and the community. The convention sessions will feature Minnesota teachers of the year, National teachers of the year and many other great sessions. It will be great to hold sessions in gyms, a weight room, dance studio and outdoor facilities so participants will have room to move and learn. Please look at the MNAHPERD website for more information on the conference and for more details on sessions. The convention is planned for a Friday and Saturday so those who can't get out of school on Friday will still have an opportunity to attend some great sessions on Saturday. It may help for your school district to know that if they give you a day off to attend on Friday, you are willing to give a day of your time on Saturday to learn new material to be used in your classes and make yourself a better teacher. Becoming more professional shouldn't happen only on school time but requires personal time after school, weekends and in the summer.

Building Bridges between school, home and community can be accomplished in a variety of ways which include advertising what great things you are doing in your classrooms through a PE newsletter, school newspaper, teacher website or email; after school and night activities and volunteering for community events. Plan and invite parents to come to school to play with their child in a Game and Fitness night. Invite community groups to come and share nutritional information, summer recreational information for families and students and health information. Please let MNAHPERD know what great things you are doing so we can share the information with all the great teachers in Minnesota. We could add a section to the Loon Lines about "Great Ideas to Share." It's more important than ever to let Minnesota parents, legislators, administration, school board and community leaders know how important it is to get kids moving and keep them moving. This can only be done through good physical education and health classes and making learning FUN. Please join the NASPE Let's Move in School (LMIS) campaign for more ideas and to share what you have done.

Please put October 12 and 13, 2012 MNAHPERD "Building Bridges" convention at Hopkins High School on your calendar!



***Join today at [www.mnahperd.org](http://www.mnahperd.org)!***

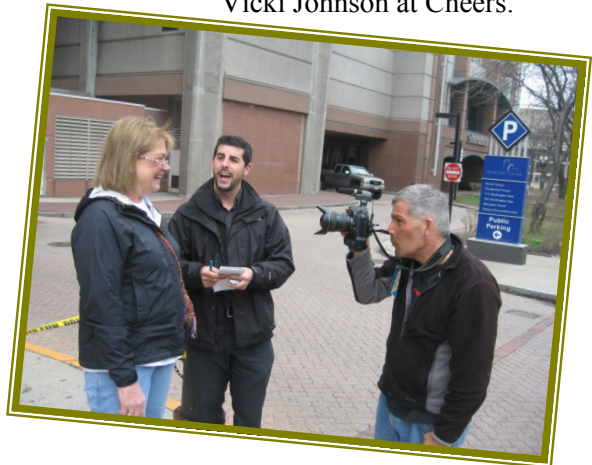
# Moments from Boston



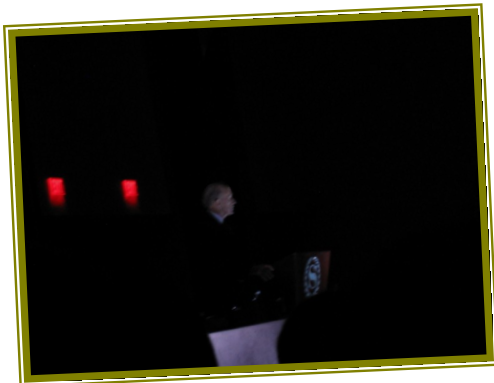
The Fire



Mary Cappel, Kay Oling, and Vicki Johnson at Cheers.



Vicki Johnson being interviewed by the Boston Herald about the fire.

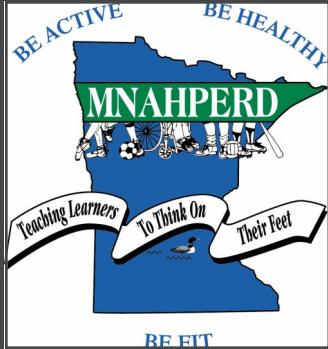


Dr. Cooper



The Presidents

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Loon Lines

May 2012

**MNAHPERD**

MNAHPERD is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs. MNAHPERD is dedicated to improving the skills, knowledge, health and well-being of all Minnesota students.

Contact information for MNAHPERD Board of Directors is posted on [www.mnahperd.org](http://www.mnahperd.org)

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Past President	Kay Oling	(218) 772-8215
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Vicki Johnson	(218) 847-5212
Executive Director	Nancy Christensen	(218) 847-9769



The mission of the MNAHPERD newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email

Amy Knopf at [aknopf@detlakes.k12.mn.us](mailto:aknopf@detlakes.k12.mn.us).

You can also access this newsletter in PDF format on the web at [www.MNAHPERD.org](http://www.MNAHPERD.org)